

The Canadian Bank of Commerce

On January 11, 1960, the new system of deficiency payments to hog raisers announced by the Agricultural Stabilization Board will become effective. The current Commercial Letter, published by The Canadian Bank of Commerce, in a discussion of the pros and cons of various means of stabilization, points out that the new method, replacing the government purchase of pork manure, has the approval of the experts who have been reviewing commercial and agricultural policies for GATT, because it does not require a direct payment to farmers of the difference between the average market price and the support price, and the amount of the payment is under strict budgetary supervision. Provided the demand for a commodity is sufficiently responsive to price changes, the Letter says, the effect on consumer prices is an important consideration in determining the desirability of stabilization.

Under the present method of support by government purchase, large surplus stocks of pork have been accumulated, the Letter says. As October 1, total stocks stood at 821 million lb., excluding canned pork. It seems unlikely that the Commercial Stabilization Board will dispose of 16 pork bushels without considerable loss.

Pork is perhaps the most difficult of the commodities to control, because the production of hogs is volatile, the Letter says. Other critical commodities which require close study are eggs and dairy products.

The net cost of the subsidy program rose from \$6 million to \$15 million between 1957-58 and 1958-59, the Letter says. "The cost of the program lately added to new conditions the total effect of the new and controversial Act can not yet be judged, but it is clear that producers have been encouraged to increase the output of products affected by the legislation, the Letter says. As a result, the authorities are now experimenting with measures (including the system of deficiency payments) to redirect this "agricultural enthusiasm."

Under the new Act, nine products are immediately supported at a price at least equal to eighty per cent of the average price over the preceding ten years. Other products may be supported on occasion demands. During the past year support was extended to wool, pig beans, sugar beets and a number of fruits and vegetables.

It is clear that, allowing for the discretion of the Board and the Ministry of Agriculture, products might well be supported at prices which would encourage overproduction, the Letter says. Failure to support certain other products, on the other hand, would lead to some considerable diversion of production.

Ottawa produced 188 million pounds of tobacco in 1958 while British Columbia and New Scotia combined raised an additional 9 million pounds.

Better sow worrying about what 2000 sow will do when he grows up—and use what he's doing now.

Anti-Apathy Drive Opens Tues., Dec. 1

From coast to coast in Canada, motorists and pedestrians will be called on to shake off the apathy that makes them easy targets for the drink driver on the highway when the nation-wide Safe-Driving Week campaign opens on Tuesday, Dec. 1. The drive against motorist and pedestrian apathy will last for a week, to Dec. 7, sponsored by the Canadian Highway Safety Council with the approval of many federal, provincial and community organizations.

Calls have been issued by both the Prime Minister and the Governor-General for the people of Canada to shake off the indifference so many hold to the dangers of highway travel. It is pointed out that the great highway toll of past years has been largely the result of apathy of drivers and pedestrians who refuse to realize the immensity of death injury and serious economic loss through traffic mishaps.



Concerning Marquis Wheat

In this, the fifth anniversary of the first growing of Marquis wheat in Western Canada, it is possible under a sharp contrast between some of the early crop yields and those of our own day.

In the most part, these procedures were very simple. In the winter of 1933-34 and for several years subsequently, the discovery of Marquis did not produce a new crop of wheat as we know it today; in fact, he did not even have as his disposal a mill to grind wheat into flour or so even to bake as that a test could be made of the milling and baking qualities of this remarkable wheat. Initially the wheat was sold as such, but it was obtained by the simple expedient of allowing the grain to be of wheat. The result was an excellent quality of wheat which was sold as such, but it was not until three years later when Marquis was finally distinguished for milling and baking qualities that a small flour mill, a farmstead equipped designed by Dr. C. H. Smith, himself and an oval flour mill, was built at the Laboratory of that day.

Subsequently, rigorous tests for the milling and baking qualities of Marquis made by the new apparatus, fully confirmed the original estimates arrived at by the "showing" test and so was launched a year or two later in the wheat which was destined to become world-famous and which today is still the standard of quality in Canada.

The Hardest job of all in that of being a farmer.

Of the \$844 million worth of farm products imported from the United States in Canada last year, \$107 million worth consisted of fruits, nuts and vegetables.

DELIA W.M.S.

The Delia W.M.S. meeting was held in the United Church annex with 12 members and one visitor present. "O was a Christian Soldier," was the opening hymn, which was followed by prayer by President Mrs. Hewson. Mrs. Isaac conducted the voluntary reading from Luke 12, verses 1-11, and also an article on "Christmas Gifts."

One minute's silent prayer was observed for Peggy MacMillan, who is now home from Ethiopia.

The minutes were read and approved, and correspondence read. All secretaries gave their reports. This year's study book is entitled, "African Disturbances."

A questionnaire on the Women's organization, was answered. The meeting closed by singing "The Lord is my Shepherd," and repeating the Benediction.

Mrs. Wallace and Mrs. Hewson served a lovely tea.

The next meeting will be Thursday, Dec. 10th.

Minutes M.D. Council of Starlund, No. 47

Regular meeting of the Council of the Municipal District of Starlund, No. 47, was held in the Municipal office, at Morris, on Tuesday, November 10th, 1959, at 9:30 a.m.

Members present as follows: Bruce McLaren, Deputy Mayor; Neil Patterson, Councilors; Stewart and Carr.

Minuted the regular meeting of October 13th, 1959, and approved the same, and approved, on motion of Councilor Stewart, Dr. Wm. Lawrence, Veterinarian, of Drumheller, attended Council to discuss the Federal blood testing plan re B-mooselike animals. It was pointed out that the plan would be of considerable help for regular blood testing and when cattle are being sprayed for warble control.

Motion by Councilor Stewart, that Council authorize the purchase of a "Reaper" portable chisel, and to make same available to those concerned with buying and selling and blood testing at a rental rate of 10c per animal per hour, through the Council.

Field Supervisor, Councilor Stewart, to the Council on the Service Board and Civil Defense activities for the past month. Reports were accepted on motion of Bruce McLaren.

Application of J. Gerry Almud, Delia, to purchase certain lands, under the Starlund Farm Purchase Board was discussed by Council.

Letter from Mr. Chris Nyhus, Resident, Hume, Registrar, Delia, regarding the purchase of land in the Hume area, was discussed by Council and public works for Striker.

Motion by Councilor Stewart, that Council do not agree with the inference contained in the last paragraph of said letter, and that Council do not accept responsibility for the inference, whenever as regards liability of cost per lb. municipal inspection. Carried unanimously.

Municipal Inspector's Report, dated September 15th, 1959, was read to Council and it was moved by Bruce McLaren and carried, that report be received and filed.

Motion by Councillor Stewart, that all members of Council, Secretary

Meritt and public works for Striker be authorized to attend A.A.N.D. Convention in Edmonton, November 17th to 20th inclusive, and that the sum of \$50.00 each be allocated towards expenses.

Motion by Deputy Mayor Nelson and carried, that the following financial accounts be laid for the Tax Sale held in municipal office, Morris, on Tuesday, December 8th, 1959, at 2:00 p.m.: S.W. 20-25-14; S.W. 30-25-18-4; S.W. 3-25-10; S.W. 8-25-12; S.W. 4-25-17-4.

Rivers—Lot 11, Block 1, Plan 2870 A.H.; Lot 12, Block 1, Plan 2870 A.H.; Lot 12, Block 1, Plan 2870 A.H.

Motion by Councilor Stewart, that the S.W. 2-25-10, 11, Block 3, Plan 2232 B.A.

Motion by Councilor Stewart, that the S.W. 2-25-10, 11, Block 3, Plan 2232 B.A. be laid for the S.W. 2-25-10, 11, Block 3, Plan 2232 B.A. be laid for the S.W. 2-25-10, 11, Block 3, Plan 2232 B.A.

Motion by Councilor Stewart, that the S.W. 2-25-10, 11, Block 3, Plan 2232 B.A. be laid for the S.W. 2-25-10, 11, Block 3, Plan 2232 B.A.

Motion by Councilor Stewart, that the S.W. 2-25-10, 11, Block 3, Plan 2232 B.A. be laid for the S.W. 2-25-10, 11, Block 3, Plan 2232 B.A.

Motion by Councilor Stewart, that the S.W. 2-25-10, 11, Block 3, Plan 2232 B.A. be laid for the S.W. 2-25-10, 11, Block 3, Plan 2232 B.A.

Motion by Councilor Stewart, that the S.W. 2-25-10, 11, Block 3, Plan 2232 B.A. be laid for the S.W. 2-25-10, 11, Block 3, Plan 2232 B.A.

Motion by Councilor Stewart, that the S.W. 2-25-10, 11, Block 3, Plan 2232 B.A. be laid for the S.W. 2-25-10, 11, Block 3, Plan 2232 B.A.

Motion by Councilor Stewart, that the S.W. 2-25-10, 11, Block 3, Plan 2232 B.A. be laid for the S.W. 2-25-10, 11, Block 3, Plan 2232 B.A.

Motion by Councilor Stewart, that the S.W. 2-25-10, 11, Block 3, Plan 2232 B.A. be laid for the S.W. 2-25-10, 11, Block 3, Plan 2232 B.A.

Motion by Councilor Stewart, that the S.W. 2-25-10, 11, Block 3, Plan 2232 B.A. be laid for the S.W. 2-25-10, 11, Block 3, Plan 2232 B.A.

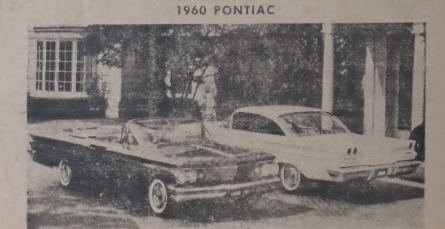
Motion by Councilor Stewart, that the S.W. 2-25-10, 11, Block 3, Plan 2232 B.A. be laid for the S.W. 2-25-10, 11, Block 3, Plan 2232 B.A.

Motion by Councilor Stewart, that the S.W. 2-25-10, 11, Block 3, Plan 2232 B.A. be laid for the S.W. 2-25-10, 11, Block 3, Plan 2232 B.A.

Motion by Councilor Stewart, that the S.W. 2-25-10, 11, Block 3, Plan 2232 B.A. be laid for the S.W. 2-25-10, 11, Block 3, Plan 2232 B.A.

Motion by Councilor Stewart, that the S.W. 2-25-10, 11, Block 3, Plan 2232 B.A. be laid for the S.W. 2-25-10, 11, Block 3, Plan 2232 B.A.

Motion by Councilor Stewart, that the S.W. 2-25-10, 11, Block 3, Plan 2232 B.A. be laid for the S.W. 2-25-10, 11, Block 3, Plan 2232 B.A.



A distinctive new appearance, added comfort and improved braking highlight Pontiac for 1960 by General Motors of Canada. Two views of the 1960 Pontiac show the starting styling changes that have created a lower, sleeker look. Top is the Laurentian Sport Coupe and below is the Pontiac Convertible.

Alberta Wheat Pool

The Alberta Wheat Pool has experienced its best year in history, and ended the 1958-59 season with net earnings of \$5,308,000. This was reported to Alberta Wheat Pool delegates at their annual meeting in Calgary this week by A. T. Baker, general manager.

During the course of the meeting, which will likely last about two days, delegates will deal with the disposition of these earnings. It is expected that nearly all will be returned to members as per cent dividends.

While at the meeting, the 70 delegates from all parts of the province will attend the dedication of the Pool's new 8-story and office building now nearing completion in Calgary.

Though the organization has experienced a most successful

year, the directors in their report expressed growing concern over marketing problems and declining net farm income. They stated that farm organizations and were prepared to provide, with vigils and research, marketing methods which will assure a healthy and productive agriculture.

In his report to the delegates, Mr. Baker stated that in the past year the farmers delivered 61.5 million bushels of grain to the Pool elevator or 28.7% of the total marketed in this province. This is an increase of nearly 5 million bushels over the previous year and the highest percentage on record.

Headings at the Pool Division amounted to about 100,000 acres of wheat, 100,000 acres of barley, 100,000 acres of oats, 100,000 acres of rye, 100,000 acres of triticale, 100,000 acres of flax, 100,000 acres of linseed, 100,000 acres of canola, 100,000 acres of sunflower, 100,000 acres of soybeans, 100,000 acres of lentils, 100,000 acres of chickpeas, 100,000 acres of field peas, 100,000 acres of faba beans, 100,000 acres of vetch, 100,000 acres of alfalfa, 100,000 acres of clover, 100,000 acres of timothy, 100,000 acres of ryegrass, 100,000 acres of fescue, 100,000 acres of brome, 100,000 acres of orchardgrass, 100,000 acres of timothy, 100,000 acres of ryegrass, 100,000 acres of fescue, 100,000 acres of brome, 100,000 acres of orchardgrass.

For information on prices, see your local Pool elevator agent.

In 1958-59, the Alberta Wheat Pool reported a membership of 49,164 farmers. It reported 536 combine elevators (50th anniversary), 100,000 acres of wheat, 100,000 acres of barley, 100,000 acres of oats, 100,000 acres of rye, 100,000 acres of triticale, 100,000 acres of flax, 100,000 acres of linseed, 100,000 acres of canola, 100,000 acres of sunflower, 100,000 acres of soybeans, 100,000 acres of lentils, 100,000 acres of chickpeas, 100,000 acres of field peas, 100,000 acres of faba beans, 100,000 acres of vetch, 100,000 acres of alfalfa, 100,000 acres of clover, 100,000 acres of timothy, 100,000 acres of ryegrass, 100,000 acres of fescue, 100,000 acres of brome, 100,000 acres of orchardgrass, 100,000 acres of timothy, 100,000 acres of ryegrass, 100,000 acres of fescue, 100,000 acres of brome, 100,000 acres of orchardgrass.

SEED GRAIN

Alberta Wheat Pool agents have been successful with an intensive price list for registered, certified and commercial seed corn.

Though the supply of seed corn should be adequate to meet the demand for seed corn, the expected demand next spring farmers who wish to be sure of getting a particular kind or grade of seed will be advised to place their orders early.

For information on prices, see your local Pool elevator agent.

SAVE MONEY ON THESE BARGAIN WATER OFFERS

THIS NEWSPAPER FOR ONE FULL YEAR, WITH . . .

OFFER NO. 1
2 MAGAZINES FROM GROUP A
\$3.40

OFFER NO. 2
3 MAGAZINES FROM GROUP A
\$4.00

OFFER NO. 3
2 MAGAZINES FROM GROUP A
1 MAGAZINE FROM GROUP B
\$4.80

OFFER NO. 4
4 MAGAZINES FROM GROUP A
\$5.00

Mark an "X" before magazine desired and enclose list with order.

GROUP A

Maclean's Magazine (1 issue)	1	& Men.
Canadian Home Affairs	1	
Liberty Magazine	1	
Family Herald & Weekly Star	2	
Free Press Weekly Pacific Press	1	
Canadian Light (University)	1	
Country Guide	1	
Canadian	1	
Western Producer	1	
Canadian Home	1	
Canada Postman	1	
La Rivee Pacific Press	1	
Canadian Cattleman	1	
Modern Screen	1	

Mark an "X" before magazine desired and enclose list with order.

GROUP B

Redbook Magazine	1	
Maclean's Magazine	1	
Canadian Home Affairs	1	
Liberty Magazine	1	
Family Herald & Weekly Star	1	
Free Press Weekly Pacific Press	1	
Canadian Light (University)	1	
Country Guide	1	
Canadian	1	
Western Producer	1	
Canadian Home	1	
Canada Postman	1	
La Rivee Pacific Press	1	
Canadian Cattleman	1	
Modern Screen	1	

ALL OFFERS ARE GUARANTEED

FILL IN AND MAIL TODAY!

Please allow 4 to 6 Weeks for First Copies of Magazines to Arrive

CHECK MAGAZINES DESIRED AND ENCLOSE WITH COUPON

gentleman's name & address . . . Please send me the offer enclosed, with a year's subscription to the newspaper.

Name _____

Street or R.R. _____

Post Office _____

Newspaper and Magazine, 1 year, unless term shown

Keep Home Affairs

ALL OFFERS ARE GUARANTEED

FILL IN AND MAIL TODAY!

Please allow 4 to 6 Weeks for First Copies of Magazines to Arrive

ALL OFFERS ARE GUARANTEED

Maclean's Magazine (1 issue) & Men. 1

Canadian Home Affairs 1

Liberty Magazine 1

Family Herald & Weekly Star 2

Free Press Weekly Pacific Press 1

Canadian Light (University) 1

Country Guide 1

Canadian 1

Western Producer 1

Canadian Home 1

Canada Postman 1

La Rivee Pacific Press 1

Canadian Cattleman 1

Modern Screen 1

Mark an "X" before magazine desired and enclose list with order.

GROUP B

Redbook Magazine 1

Maclean's Magazine 1

Canadian Home Affairs 1

Liberty Magazine 1

Family Herald & Weekly Star 1

Free Press Weekly Pacific Press 1

Canadian Light (University) 1

Country Guide 1

Canadian 1

Western Producer 1

Canadian Home 1

Canada Postman 1

La Rivee Pacific Press 1

Canadian Cattleman 1

Modern Screen 1



Weather big factor in goose shooting season

Manitoba geese hunters this year are experiencing one of their best hunting seasons for many years but paradoxically enough it is one of the worst seasons for the production of geese.

Hon. C. B. Witney, minister of mines and natural resources, said that the slush and snow, commonly called "weasies," have flown into Manitoba in record numbers this year in company with the more common Canada.

Hecate Strait

Hecate Strait is one of the richest fishing grounds in the world, and, with the exception of the Bering Sea, is today the most important area adjacent to western North America for the production of many other species of fish. In many other areas, the current systems play an important part in the productivity of the fisheries. An assessment of the physical oceanography of the region would be of great value in the accurate prediction of the availability of fish.

Because of the complex shape of the strait and the dominance of the tides, the current systems are not resolved completely by observations in Nature, or by theoretical (mathematical) models. The Hecate Model, built at the Fisheries Research Board's Pacific Oceanographic Group, Vancouver, B.C., shows in the behaviour of the strait the ocean currents as they are affected by the tides. This model is a working replica of 25,000 square miles of sea. It is the shape of the sea basin and the tides and tidal currents are reproduced and recorded. The model is used to simulate land drainage and the influence of ocean water. Particular attention is paid to the problem of water through the region to tidal action. The model does not reproduce the effects of the Earth's rotation or wind and requires certain corrections because of distortion of the depth-distance scale.

Such a model of a major sea region has not been undertaken before. The engineering design is advanced. Many of the components were conceived and developed at the Maritime Laboratory.

CNR Continental to use new Edmonton-Saskatoon route

In an effort to bring trans-continental train service to a greater number of communities in Saskatchewan and Alberta, Canadian National Railways has announced that its Continental will be re-routed between Saskatoon and Edmonton via North Battleford, Lloydminster, Vermilion, Vegreville and Fort Saskatchewan. The new service should be effective October 1.

The Super Continental will continue to operate over its present route. The new route, Train No. 39, will provide an overnight service daily except Sunday. It will operate between Saskatoon and Edmonton via North Battleford, Lloydminster, Vermilion, Vegreville and Fort Saskatchewan. The new service should be effective October 1.

The Super Continental will continue to operate over its present route. The new route, Train No. 39, will provide an overnight service daily except Sunday. It will operate between Saskatoon and Edmonton via North Battleford, Lloydminster, Vermilion, Vegreville and Fort Saskatchewan. The new service should be effective October 1.

FAST WOMAN

A traffic policeman gave chase to a car, driven by an elderly lady, when it passed him on a highway without giving him a warning. When he brought her to a stop at a red light, she was driving a car that was a year old.

Hunter means has been generally good, he said. Shooting seasons have reported a run on geese shot and goose geese.

The geese have settled largely in the Winnipeg area extending from the Nelson reach, through the Interlake area now, the Shoal lake and westward to the Delta region.

Field conditions in the Winnipeg region were particularly in their favor. Heavy rains have caused flooding of green fields which is practically a duck and goose heaven. This same wet weather has made some of the side roads to the hunting areas inaccessible.

The slush and snow, commonly called "weasies," have flown into Manitoba in record numbers this year in company with the more common Canada.

The slush and snow, commonly called "weasies," have flown into Manitoba in record numbers this year in company with the more common Canada.

Pres. Thompson of U.S. honored

A dinner honoring retiring President W. P. Thompson of the University of Saskatchewan, and Mrs. Thompson, was held in Saskatoon October 28.

Members of the university community attended a dinner at 6:30 p.m. at the Beaumont Hotel where a presentation was made to Dr. W. P. Thompson, Chairman of the evening was Dr. Arthur Moon, Saskatoon, a member of the first faculty of the University and a former Dean of Law. One part of the program featured music by Professor Murray Adair, head of the music department. Presentation to the Thompsons was made by Professor Robert Ramsey, Director of Extension Service, who is president of the University Faculty Club.

Dr. Thompson retired on October 31 as President of the University of Saskatchewan. He held the office for 10 years. He has a faculty member for 46 years.

Blessing of cars prays for drivers

The Roman Catholic church's ritual blessing of vehicles also asks God's assistance in controlling the will of the drivers themselves and making their moral obligations while at the wheel, explained His Holiness Pope John XXIII in Vatican City. The Pope said that the prayer of the ritual is blessing automobiles in "to be more exact, for the will of the man who must drive in a disciplined manner."

He said, "It invokes the assistance of the angels of God to preserve from every danger the travellers who, anxious to reach quickly their earthly destinations, must not neglect all the ways to eternal salvation."

The Pontiff granted all organizations of the world who promote respect for highway regulations as well as respect for one's own and one's neighbor's life. He added his voice to their appeals that traffic laws be observed and that everyone be done to safeguard human life and the sanctity of daily life. — Canadian Highway Safety Conference Bulletin.



HAWAIIAN PERFORMERS—The songs, dances and play of the Hawaiian Islands are being brought to Canada by six outstanding Hawaiian performers now touring Canadian cities as guests of Canadian Pacific Airlines and Hawaiian Airlines. In Winnipeg, Vancouver, Montreal and Toronto they will entertain at public functions and lend their talents to a variety of service clubs and groups promoting Community Chest and other worthy funds. The entertaining performance shown here honoring a C.P.A. plane at Honolulu and others will be in Winnipeg from November 1 to 5.

Sheep Raising in Prince Edward Island Scottish Sheep Steal Show



The sheep industry in Prince Edward Island while small on quantity, (approximately 35,000 last year) is big on quality with North Country Cheviots becoming increasingly popular in the past decade. Twenty-four ewes and

4 rams were brought over from Scotland in 1950 and today there are 210 purebred Cheviots — not nearly enough to meet the tremendous demand for them on breeding stock from other parts of Canada and the United States.



Second Annual Conference on Mental Retardation

Delegates returning from the Second Annual Conference on Mental Retardation sponsored by the Canadian Association for Retarded Children and held at Charlottetown, P.E.I., report significant trends developing throughout Canada. Mr. John Doherty, spokesman for the Saskatchewan association reports in parts of Canada where Day Schools have been in operation much longer than in this Province, concern is increasing regarding the tremendous lack of facilities and opportunities for either retarded persons. Very realistic pre-vocational training is being suggested along with a critical evaluation of what is being taught in our Day Schools for Trainable Children. Research is indicated to determine the relationship between retarded persons and levels of mortality. There is considerable evidence that would support "learning that children of Mental Retarded persons are underdeveloped in the area."

Turning to trends in institutional care, there are definite indications that living conditions in state hospitals must be improved. Institutionalized administration is not to be recommended. It is suggested that the use of day hospitals must be improved. It is suggested that the use of day hospitals must be improved. It is suggested that the use of day hospitals must be improved.

Turning to trends in institutional care, there are definite indications that living conditions in state hospitals must be improved. Institutionalized administration is not to be recommended. It is suggested that the use of day hospitals must be improved. It is suggested that the use of day hospitals must be improved.

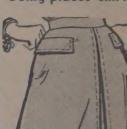
Turning to trends in institutional care, there are definite indications that living conditions in state hospitals must be improved. Institutionalized administration is not to be recommended. It is suggested that the use of day hospitals must be improved. It is suggested that the use of day hospitals must be improved.

Turning to trends in institutional care, there are definite indications that living conditions in state hospitals must be improved. Institutionalized administration is not to be recommended. It is suggested that the use of day hospitals must be improved. It is suggested that the use of day hospitals must be improved.

Turning to trends in institutional care, there are definite indications that living conditions in state hospitals must be improved. Institutionalized administration is not to be recommended. It is suggested that the use of day hospitals must be improved. It is suggested that the use of day hospitals must be improved.

Turning to trends in institutional care, there are definite indications that living conditions in state hospitals must be improved. Institutionalized administration is not to be recommended. It is suggested that the use of day hospitals must be improved. It is suggested that the use of day hospitals must be improved.

Going-places skirt



Leuka still yet bars going — long glides over your hips in the most flattering way. Smartly styled with inverted front pleat and hip tabs. Sew-sew — terrific in wool fibres.

Printed Pattern 4909. Minor Waist Sizes 24, 26, 28, 30, 32, 34, 36. 20 Yards 1 1/2 Yards. Printed directions on each pattern piece, accurate. Send four notes (10c) in return for pattern. Send no money in this pattern. Please print plainly name, address, shoe number, and size.

Ann Adams Pattern Dept., Department P.O. Box 100, 60 Front Street W., Toronto.

Printed directions on each pattern part. Easier, accurate.
Send fifty cents (50c) in coins (stamps cannot be accepted) for this pattern. Please print plainly Size, Name, Address Style No., to:
Anne Adams Pattern Dept.,
Department P.P.L.,
60 Front Street, W., Toronto.

STEPS TO PHYSICAL FIT
high state of physical fitness and ac-
tual fitness for anyone willing to
charts of five basic exercises, which
here show some of the movement
is the first step in all six charts.
cises. Prone stretch and bend ex-
"athlete" level shown here, are
as well as the running exercise.

NESS—The RCAF's 8 BX Plan, using aircrew and other Air Force personnel, devote 11 minutes a day, at home, to exercises which grow progressively tougher, and are listed from the various charts. Toe-to-toe. The upward stretch which follows the toe-to-toe stretch like the one at top right is the toe-to-toe stretch, Pushups, right center, and the toe-to-toe stretch at lower right.

originally devised to maintain a personnel, offers a road to physical fitness to the program. A system of six steps along the way. Photos showing (top left) with variations in (lower left) helps loosen muscles easily, but at the fifth or an integral part of each chart, —National Defence photos.

LABOUR INCOME
In the first half of 1959 labour income rose to \$8,773 million, a gain of eight percent over the same period of 1958.

There are more than 5,000 hotels in Canada and all told they have about 150,000 rooms.

GOES ONE BETTER—The cently running a picture of Joe lb. pumpkin. Joe Youselovich a pumpkin. Better not say it's the Joe. "I had a larger one but it two. Maybe someone else has a

Carillon is eating crow after re-
Lepine of Marchand and his 53
of Vita came in with a 61 lb.
biggest in Canada though," says
fell off the wagon and split its
side.

two. Maybe someone else has a

still bigger one."

